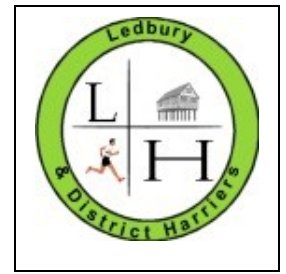


The Magnificent Eastnor Castle Seven



**Start 11:00am on Sunday 18th April 2010
Organised by Ledbury and District Harriers**

**Memento to all finishers, Prizes in Age categories
Plus Men's and Women's Affiliated Club Team Prize**

Start and finish at the Deer Park on the Eastnor Castle Estate an undulating 7 mile rural course over footpaths, tracks and through woodland culminating in the 'Orrible' climb to the Obelisk. There will be a drink station at approximately 4 miles and refreshments at the finish.

Race and Entry Details:

- Hilly/Undulating course.
- Ample parking and toilet facilities.
- Race Limit **350**.
- Closing date for postal entries **13th April** or when race limit is reached.
- **Entries on the day unless race limit reached.**
- Race Fee: Affiliated £8.00 plus £2.00 on the day
Unaffiliated £10.00 plus £2.00 on the day

Individual prizes in the following categories:

Men

1st 2nd 3rd Finishers

Women

1st 2nd 3rd Finishers

There are also prizes for the following Men and Women categories:

1st V40 1st V50 1st V60+

**Team Prize for the first Men's and Women's team home.
Four Affiliated Club members required to make up a team.**

The race organisers have made an application to the Association of Running Clubs for a race permit. A Risk Assessment of the course will also be available.
A First Aid organisation will also be present on the site.

How to enter:

- 1) Send your entry form with cheque to:
Race Secretary, 124 Bridge Street, Ledbury Herefordshire HR8 2AW
Mobile 07881 797296
- 2) Your entry fee (Cheques made payable to "Ledbury and District Harriers").

**NO SAE REQUIRED UNLESS YOU REQUIRE CONFIRMATION OF ENTRY.
Race Numbers will be given out on the day**

**Application Form for the The Magnificent Eastnor Castle Seven
Please complete in BLOCK CAPITALS**

Surname:

Telephone No:

First Name:

Email:

Address:

Gender: Male

Female

Date of Birth:

Postcode:

Age on day of race:

Affiliated Club:

Minimum age 16 years

Fee enclosed please tick:

Predicted time:

Affiliated £8.00

Hours

Unattached £10.00

Admin Use Only (RN):

Declaration:

I declare that I am medically fit to run and will in no way hold the Organisers of this event responsible for any injury, illness or accident to my person or loss of property resulting from my participation in this event.

Signature: Date:

This entry form can be photocopied or downloaded from www.ledburyharriers.org.uk

Data Protection Act: We advise that the information on the entry form is stored on a computer. Your name will be included in the result's section of the clubs web site and your e-mail address used to advise you of event updates.

Photographs may be taken on the day, should you **not wish** to receive any photographs or **be notified** of any future club events, please tick the box below.